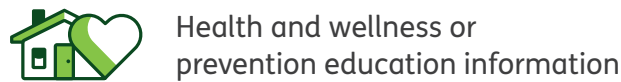




Humana Neighborhood Center
9522 S. Western Ave.
Evergreen Park, IL 60805



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HUMANA INC.

We're more than health insurance, we're a part of your community

The Humana Neighborhood Center® is a part of your community, offering more than you might expect. We're here to support your unique needs—whatever they may be—so that you can achieve your whole-health goals.

If you require one-on-one assistance with health education, your Humana plan, or Customer Care, our staff is eager to assist.



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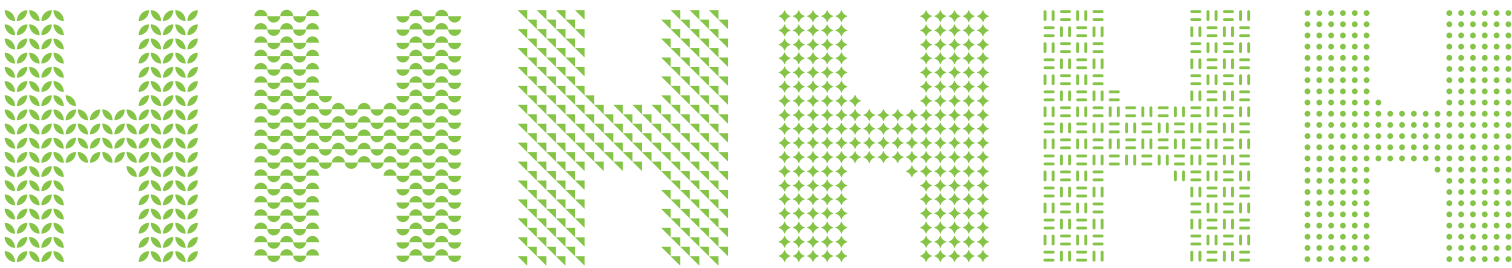
Humana Neighborhood Center

Stop by your local Humana Neighborhood Center for health education and fun

Look inside to see our May events



Evergreen Park
9522 S. Western Ave.
Evergreen Park, IL 60805
708-930-1290 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.



This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns.

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At Humana, it is important you are treated fairly.
Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities. For accommodations of persons with special needs at meetings, call **859-486-2840 (TTY: 711)**.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-320-1235 (TTY: 711)**. **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **877-320-1235 (TTY: 711)**.

繁體中文 (Chinese): 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **877-320-1235 (TTY: 711)**。



Evergreen Park

May in-person events

Be sure to call to RSVP at **708-930-1290**.
Class times and dates are subject to change.



9522 S. Western Ave.
Evergreen Park, IL 60805
708-930-1290 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:15 - 10 a.m. SilverSneakers® Yoga* 10:15 - 11:15 a.m. SilverSneakers® EnerChi* 11:30 a.m. - 12:30 p.m. Craft: Mothers Day Cards!	2 9 - 10 a.m. Veterans Coffee and Conversation 10 a.m. - 12 p.m. MIND Diet: Foods to Fight Dementia & Cooking demo	3 9:15 - 10:15 a.m. SilverSneakers® Chair Aerobics* 10:30 - 11:15 a.m. SilverSneakers® Enerchi* 11:30 a.m. - 12:30 p.m. Pickleball 1 - 3 p.m. Movie: Little Women (2019)
6 9:15 - 10:15 a.m. SilverSneakers® Chair Aerobic* 10:15 -11:15 a.m. SilverSneakers® Yoga*	7 9:30 - 11 a.m. Bingo 12 - 1 p.m. Gratitude Workshop 1 - 2 p.m. SilverSneakers® Line Dancing*	8 9:15 - 10 a.m. SilverSneakers® Yoga* 10:15 - 11:15 a.m. SilverSneakers® EnerChi* 12 - 2 p.m. Free From Falls: Week 1	9 9 - 10 a.m. Veterans Coffee and Conversation 10 - 11:30 a.m. Find your feel great weight: Class 5(RSVP) 12 - 1 p.m. Paint and Sip with Lotus	10 9:15 - 10:15 a.m. SilverSneakers® Chair Aerobics* 10:30 - 11:15 a.m. SilverSneakers® Enerchi* 11:30 a.m. - 12:30 p.m. Pickleball 1 - 3 p.m. Movie: The Color Purple (2023)
13 9:15 - 10:15 a.m. SilverSneakers® Chair Aerobic* 10:15 - 11:15 a.m. SilverSneakers®Yoga*	14 9:30 - 10:30 a.m. Bingo 11 a.m. - 12:30 p.m. What you need to know about Alzheimer's disease 1 - 2 p.m. SilverSneakers® Line Dancing*	15 9:15 - 10 a.m. SilverSneakers® Yoga* 10:15 - 11:15 a.m. SilverSneakers® EnerChi* 12 - 2 p.m. Free From Falls: Week 2	16 9 - 10 a.m. Veterans Coffee and Conversation 10 a.m. - 12 p.m. MIND Diet: Foods to Fight Dementia & Cooking demo	17 9:15 - 10:15 a.m. SilverSneakers® Chair Aerobics* 10:30 - 11:15 a.m. SilverSneakers® Enerchi* 11:30 a.m. - 12:30 p.m. Pickleball 1 - 3 p.m. Movie: The Batman (2022)
20 9:15 - 10:15 a.m. SilverSneakers® Chair Aerobic* 10:15 -11:15 a.m. SilverSneakers®Yoga*	21 9:30 - 11 a.m. Bingo 1 - 2 p.m. SilverSneakers® Line Dancing*	22 9:15 - 10 a.m. SilverSneakers® Yoga* 10:15 - 11:15 a.m. SilverSneakers® EnerChi* 12 - 2 p.m. Free From Falls: Week 3	23 9 - 10 a.m. Veterans Coffee and Conversation 12 - 1 p.m. Paint and Sip with Lotus	24 9:15 - 10:15 a.m. SilverSneakers® Chair Aerobics* 10:30 - 11:15 a.m. SilverSneakers® Enerchi* Center closing early at noon in observance of the holiday.
27 Happy Memorial Day! We are closed in observance of the holiday.	28 9:30 - 11 a.m. Bingo 1 - 2 p.m. SilverSneakers® Line Dancing*	29 9:15 - 10 a.m. SilverSneakers® Yoga* 10:15 - 11:15 a.m. SilverSneakers® EnerChi* 12 - 2 p.m. Free From Falls: Week 4	30 9 - 10 a.m. Veterans Coffee and Conversation	31 9:15 - 10:15 a.m. SilverSneakers® Chair Aerobics* 10:30 - 11:15 a.m. SilverSneakers® Enerchi* 11:30 a.m. - 12:30 p.m. Pickleball 1 - 3 p.m. Movie: A Quiet Place (2018)



*For Humana members with this benefit only.
For accommodations of persons with special needs at meetings, call **708-930-1290 (TTY: 711)**.